



# ADHD Executive Functions Worksheet

Executive function – the brain’s ability to access and coordinate all of its functions.

Impaired executive functions result in cognitive deficits for those with ADHD.

Executive Function Impairment in ADHD	Purpose of Executive Functions
Activation: organizing tasks and materials, estimating time, getting started.	Self-regulation (including emotions)
Focus: focusing, sustaining focus, and shifting focus between tasks.	Organization of behaviors across time
Effort: regulating alertness, sustaining effort and processing speed.	Directing behavior toward the future
Emotion: managing frustration and modulating emotions.	Maximization of future consequences
Memory: using working memory and accessing recall.	Increased control over the environment
Action: monitoring/ regulating actions.	Conforming the environment to self

List any of the executive functions that are difficult for you:

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